

Produce of the Month

Green Beans



Nutritional Information

- 🌱 Fresh green beans are low in calories and contain no saturated fat
- 🌱 They are a rich source of fiber which helps the digestive system
- 🌱 Green beans contain excellent levels of vitamin A
- 🌱 They are a very good source of vitamins, minerals and micronutrients

Fun Facts

- 🌱 Green beans are in the same family as dried beans such as kidney, pinto and black beans
- 🌱 “Green” beans can actually be green, yellow, purple or speckled in these colors
- 🌱 Green beans are nitrogen fixers; they have the ability to draw nitrogen from the air and return it to the soil
- 🌱 They are sometimes called “string beans” from the string that runs down the outer curve of the pod shell

Selecting, Storing, Preparing

- 🌱 Select fresh well colored beans that snap easily when bent
- 🌱 Refrigerate beans in a plastic bag and use within a week
- 🌱 If you want to store the green beans, steam them for 2-3 minutes first, then cool and freeze them in a plastic storage bag



Recipes/Ideas

Green beans are versatile and can be eaten raw or cooked in a variety of dishes.

Raw green beans are a healthy snack with hummus or dip.

Blanch green beans along with asparagus. Rinse in cold water, then toss with cherry tomatoes and balsamic vinaigrette for a zesty salad.

Green bean casserole is a Thanksgiving favorite!

For more ideas:

http://www.freshforkids.com.au/veg_pages/bean/bean.html

<http://www.myrecipes.com/kids/kid-approved/kid-approved-green-bean-recipes-0042000000601>

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